The

FIRST ALMANACKE,

Printed by the

Company of Stationers.

—

MDCXXI.

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Ephemeris

Freind. 1616.

A New Almanacke and Prognoſtication, in which you may behold the ſtate of this preſent yeare of our Lorde God, 1616.

Being Leape yeare.

Calculated for the Citty of London, and generally for all England.

By Gabriell Freind.

Felix qui poiuit rerum cognoſcere cauſas.

Printed for the Company of Stationers, 1616.

The Common Notes and mooueable Feasts according to the Old accompt ∽ Forrain accompt.

2.	The golden number	2
1	The circle of the Sun	1
22	The Epact.	22
14	The Roman Induction	14
	The Dominicall Letters	
Febzuary 11.	Shzouesunday	Febzuary 14
Febzua. 14	Ashwednesday	Febzuary 17
March 31	Easter day	Apzil 3
May 5	Rogation sunday	may 8
May 9	Ascention day	may 12
May 19	whitsunday	may 22
Nouember 27	Aduent sunday	Nouember 29

BRITISH MUSEUM

A briefe Chronology of some memorable accidents vntill this yeare, 1616.

Since the Creation of the wozld	5564
Since Noahs Flouд	3908
Since the destruction of the Citty of Troy	2799
Since Bzute entred this Iland	2723
Since the building of the Temple by Salomon	2631
Since the Captiuity of Babylon	2114
Since the last destruction of Jerusalem	1533
Since the conquest of England by Duke William	550
Since the science of printing was first inuented	155
Since the infectious sweating sicknesse,	65
Since the Earles rebellion in the Nozth.	47
Since the great frost	52
Since the Campe at Tilbury in Essex	28
Since the action at Cadis	20
Since the last great plague in London	13
Since his maiesties Cozonation in Scotland 29 Jul.	49
Since his happy comming to London 7 May	13

The beginning and ending of the termes with their Returnes this present yeare 1616.

℣ Hillarie Terme beginneth the 23. daie of Januarie and endeth the 12. of Februarie, & hath foure returnes

Octabis Hillarij.	Crastino Purifica.
Quind. Hillarij.	Octabis Purifica.

℣ Easter Terme beginneth the 17 of Aprill, and endeth the 13 of may and hath 5 returnes.

Quind. paschæ.	Mense paschæ.	Quinque paschæ.
Tres paschæ.		Crasti Ascention.

℣ Trinitie Terme beginneth the 31 of may, and endeth on the 19. of June, and hath foure Returnes, that is to say.

Crasti Trinitatis.	Quind. trinitatis.
Octabis Trinitatis.	Tres trinitatis.

℣ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to say.

Octabis Michael.	Crast. Animarum.
Quind. Michael.	Crast. Martinij.
Tres Michael.	Octabis Martinij.
Mense Michael.	Quind. Martinij.

℣ Note also that the Exchequer openeth eight daies before any Tearme beginne, except Trinity Tearme, in which it openeth foure daies before.

℣ On these dayes following, the Judges sit not at Westminster.

In { Hillary, Easter, Trinity, Michaelmas } Terme, on { Candlemas, Ascension, Midsomer, Alholland } day

The Anathomy of mans body, as the parts there-
of are gouerned by the 12. ſignes of the
Zodiaque.

Aries the head and face.

Taurus Necke & throat

Cancer Breaſt ſtomak & ribs.

Virgo bowels & belly.

Scorpio Secret members.

Capricornus knees

Gemini Armes & ſhoulders.

Leo Heart & backe.

Libra Reines & loines

Sagitarius Thigh

Aquar. The legges.

Piſces the feete

Aries ♈ Taurus ♉ Gemini ♊ Cancer ♋ Leo ♌ Virgo ♍ Libra ♎ Scorpio ♏ Sagitarius ♐ Capricorne ♑ Aquarius ♒ Piſces.

If thou be ſicke and helpe wouldſt haue,
the Councell of the learned craue:
If thou haue health, to keepe thee ſo,
flie idlenes, as deadly foe.

Accompt Beyonde ſea.

i	a		Libra	14		11	b
ii	b	Oct. Steph.	Libra	27	☽ Laſt quart.	12	c
iii	c	Oct. John.	Scorp	10	the ii. day, at	13	d
iiii	d	Oct. Inno.	Scorpio	13	one of the clo.	14	e
v	e	Oct. Thom.	Sagitar.	7	in the morne.	15	f
vi	f	Cwelfe day	Sagit.	22		16	g
vii	g	Felicis	Capric.	7		17	a
viii	a	Lucian priest	Capric.	22	● New moon	18	b
ix	b	Judoci	aquarius	7	the 8. day, at	19	c
x	c	John Aquar.	aqua.	23	9 of the clock	20	d
xi	d	Linus mart.	piſces	9	at night.	21	e
xii	e	Ircard mart.	Piſces	22		22	f
xiii	f	Hillary Biſh	Aries	6		23	g
xiiii	g	Felix priest	Aries	20	☽ Firſt qua.	24	a
xv	a	Maurice	Taurus	3	the xv. day	25	b
xvi	b	Marcel. Biſh	Taurus	16	neere 3 of the	26	c
xvii	c	Sulpicij biſh	Taurus	28	clock at night	27	d
xviii	d	Priſca virg.	Gemini	11		28	e
xix	e	Wolſtane biſh	Gemini	22		29	f
xx	f	Fabi. & Seba	Cancer	5		30	g
xxi	g	Agnus virg.	Cancer	16	● Ful moone	31	a
xxii	a	Vincentij feb	Cancer	28	the 23 date at	1	b
xxiii	b	Learn begi.	Leo	10	5 of the clock	2	c
xxiiii	c	Timothy	Leo	23	at night.	3	d
xxv	d	Con. of Paul	Virgo	4		4	e
xxvi	e	Policarp biſh	virgo	16		5	f
xxvii	f	Julian biſh.	virgo	28	☽ Laſt quart.	6	g
xxviii	g	Agnetis	libra	11	the laſt day at	7	a
xxix	a	Valerius biſh	libra	23	almoſt 3 in	8	b
xxx	b	Batild e Mu.	ſcorpio	6	the afternoon	9	c
xxxi	c	Saturnus	ſcorpio	19		10	d

February hath xxix. daies.

Be choyce of food in any wise,
To keepe thee warme also precise:
Beware no Surgeon let thee blood,
except the learned thinke it good.

					Accompt	beyond	sea.
i	d	Bridget Fast	sagitari.	3		11	g
ii	e	Purif. Mary	sagitari.	16		12	a
iii	f	Blase bishop	Capric.	1	● New moon	13	b
iiii	g	Gilbert bish.	Capric.	15	the vii day at	14	c
v	a	Agathe virg.	Aquari,	0	7. of the clock	15	d
vi	b	Vedasti b sh.	Aquari.	16	in the mornin	16	e
vii	c	Angle Bish.	Pisces	1		17	f
viii	d	Paule bish.	Pisces	16		18	g
ix	e	Solin pisces	aries	0		19	a
x	f	Scolastice	Aries	14		20	b
xi	g	Shrove sun	Aries	28	☽ First quar-	21	c
xii	a	Terme ends	Tauru	11	ter the xiii.	22	d
xiii	b	Woolfrant.	taurus	24	day 3. quart.	23	e
xiiii	c	Ashwednesda	Valentine.		after 8. of the	24	f
xv	d	Faustine	Gemini	19	clocke in the	25	g
xvi	e	Julian	Cancer	1	morning.	26	a
xvii	f	pollicron	Cancer	13		27	b
xviii	g	Simon bish	Cancer	25		28	
xix	a	Sabine mar.	Leo	7		29	d
xx	b	Mildred virg	Leo	19		1	e
xxi	c	70 martyrs	Virgo	0		2	f
xxii	d	Ember [illegible]	Virgo	12	○ Full moon	3	g
xxiii	e	policarp	virgo	25	the 22 day, at	4	a
xxiiii	f	Fast	Libra	7	almost 12. of	5	b
xxv	g	Mathias [illegible]	Libra	20	clock at noon	6	
xxvi	g	Fortunatt	Scorp.	3		7	c
xxvii	a	Augustine	Scorpio	16		8	d
xxviii	b	Oswald By	scorpio	29		9	e
xxix	c	quid vis.	sagitar.	13		10	f

Take phiſicke now the time is good,
if health thou want, then let thee blood
So mayeſt thou humours driue away,
as earſt haue wrought thy owne decay.

Accompt beyond ſea.

i	d	Dauid	Sagita.	26	Laſt quarter	11	g
ii	e	Thad	Capzic.	11	the firſt day 3	12	a
iii	f	Maurice	Capzic.	25	quarters paſt	13	
iiii	g	Adzian	aquar.	10	one in the	14	c
v	a	focas	aquari	24	mozning.	15	d
vi	b	Victozie	Piſces	9		16	e
vii	c	Perpetue	Piſces	23	New moone	17	f
viii	d	felice depo.	Aries	8	the 7 day,	18	g
ix	e	Apoline	Aries	22	halfe an hour	19	a
x	f	Agapipe	taurus	6	aft. 6 at night	20	
xi	g		taurus	19		21	c
xii	a	Gregozy	gemini	2		22	d
xiii	b	Theodoze	gemini	15		23	e
xiiii	c	Petri	gemini	27		24	f
xv	d	Longini	Cancer	9	Firſt quarter	25	g
xvi	e	Hillarie	Cancer	21	the 15 day, a	26	a
xvii	f	getrude	Leo	3	quarter after	27	
xviii	g	Edwards	Leo	15	3 in the after	28	c
xix	a	Joſeph	Leo	27	noone.	29	d
xx	b	Cuthbert	Virgo	9		30	e
xxi	c	benedicti	Virgo	21		31	f
xxii	d	Aphzadoſe	Libza	4	Full moone	1	g
xxiii	e	Theodoze	Libza	17	the 23 day,	2	a
xxiiii	f		Scozpio	0	neere 4 in the	3	
xxv	g		ſcozpio	13	mozning.	4	c
xxvi	a	Caſtoz Pol.	ſcozpio	26		5	d
xxvii	b	Martian	Sagit.	10	Laſt quarter	6	e
xxviii	c	Dozothy	ſagit.	24	the 30 day, at	7	f
xxix	d	Victozy	Capzic.	8	8 in the moz=	8	g
xxx	e	Quirini	Capzic	22	ning.	9	a
xxxi			aquari.	6		10	

To bleed, to bathe, and eke to purge,
now mayst thou do if reason vrge:
God grant to all a happy season,
as all may purge away ill treason.

i	g	Theodore.	aquari.	20		11	f
ii	a	Marie Egipt	Pisces	5		12	g
iii	b	Richard bysh.	Pisces	19		13	a
iiii	c	Ambro. Bish.	aries	3		14	b
v	d	Martian	aries	17		15	c
vi	e	Sextus	Taurus	1	New moone the 6 day, 3 quarters past 3 in the mor- ning.	16	d
vii	f	Eufemie	taurus	17		17	e
viii	g	Egisippus.	taurus	29		18	f
ix	a	Perpetuus	Gemini	10		19	g
x	b	[illegible]	Gemini	22		20	a
xi	c	7000. virgins	Cancer	4		21	b
xii	d	Julius	Cancer	16		22	c
xiii	e	Zeno bishop	Cancer	28	First quarter the 13 day, halfe an hour after vne at night.	23	d
xiiii	f	Diffe	Leo	10		24	e
xv	g	Oswald bish.	Leo	22		25	f
xvi	a	Eluthertus	Virgo	4		26	g
xvii	b	[illegible]	virgo	17		27	a
xviii	c	Anicete bysh	virgo	29		28	b
xix	d	Isodore	Libra	12		29	c
xx	e	Victor bishop	Libr.	25	Full moone the 21 day, 3 quarters aft. 4 in the eue- ning	30	d
xxi	f	Simeon bysh	Scorpi	8		1	e
xxii	g	Sother virg.	Scorp.	22		2	f
xxiii	a	[illegible]	Sagitar	6		3	g
xxiiii	b	Wilfrid. bish.	Sagit	20		4	a
xxv	c	[illegible]	Capri.	4		5	b
xxvi	d	Electe bish.	Caprie.	19	Last quarter the 28 day, at 5 ne in the af- ter noone.	6	c
xxvii	e	Anastus. ii	Aquari.	3		7	d
xxviii	f	Vitalis	Aquari.	17		8	e
xxix	g	Peter of mil.	pisces	1		9	f
xxx	a	Depo. of Er	pisces	15		10	g

Accompt beyond sea.

Rise early now this month of May,
and walke the fields that be so gay:
From surfeting see thou refraine,
for soone it will procure thy paine.

A compute beyond sea

i	b		pisces	29	11	e
ii	c	Athanasius	Aries	13	12	f
iii	d	Inue. of crol	aries	26	13	g
iiii	e	Christopher.	Taurus	10	14	a
v	f	Goddard.	Taurus	23	15	b
vi	g	John Portla	Gemin	6	16	c
vii	a	John a Beu	gemini	18	17	d
viii	b	Iopa. f, Mic.	cancer	1	18	e
ix	c		cancer	13	19	f
x	d	Gordion, bish	Cancer	25	20	g
xi	e		Leo	7	21	a
xii	f	Serie archbi.	Leo	19	22	b
xiii	g		Virgo	1	23	c
xiiii	a	bonifacius	Virgo	11	24	d
xv	b	Isidore	virgo	25	25	e
xvi	c	Brandon byss	Libra	7	26	f
xvii	d	bernard	Libra	15	27	g
xviii	e	Malcorie	scorpio	3	28	a
xix	f		scorpio	17	29	b
xx	g	Dunstan. bi	Sagitar.	0	30	c
xxi	a	Hellen Mue	sagitari.	15	31	d
xxii	b		Sagitar	29	1	e
xxiii	c	Desiderie.	Capricor.	14	2	f
xxiiii	d	Francis tran.	Capric.	29	3	g
xxv	e	Urbane	Aquarr.	13	4	a
xxvi	f	Augustine	Aquar	28	5	b
xxvii	g	Bede Priest	pisces	12	6	c
xxviii	a	Germane.	pisces	26	7	d
xxix	b	Cosmis	Aries	10	8	e
xxx	c	Felix bishop	aries	23	9	f
xxxi	d		taurus	6	10	g

● new moone the 5 day, at 3 of the clocke in the afternoone.

First quart. the 13. day, 12 minutes after 3 in the afternoone.

● Ful moone the 21. day, neare 3. in the morning.

☽ Last quarter the 27 day a quarter aft. 6 at night.

Drinke, new, or ſweet, taſte not at all,
for thereby growes no danger ſmall:
And to thy ſelfe ſuch paſtime take,
as may in God, thee merry make.

i	e	Nichomede	Taur.	19		11	a
ii	f	Marcellinus	Gemini	1		12	b
iii	g	Eraſmus	Gemini	15	New moone	13	c
iiii	a	Petroſie	Gemini	27	the 4 day half	14	d
v	b	Boniface biſh	Cancer	9	an houre aft.	15	e
vi	c	Melones	Cancer	21	3 in the moz=	16	f
vii	d	wo iſtan tran	Leo	3	ning.	17	g
viii	e	Widard.	Leo	15		18	a
ix	f	Edmund tra	Leo	27		19	b
x	g	Getulie	Virgo	9		20	c
xi	a	Sol in cancer	Virgo	21		21	d
xii	b	Baſilidis	Libra	3	Firſt quarter	22	e
xiii	c	Anthony	Libra	15	the 12 day	23	f
xiiii	d	Baſil biſhop	libra	28	neere 6 in the	24	g
xv	e	Vite & mod.	Scozp.	11	moꝛning.	25	a
xvi	f	Ric. tra.	Scozpio	25		26	b
xvii	g	Botolph ma,	Sagit	9		27	c
xviii	a	Mar, and ma.	ſagit	23	Full moone	28	d
xix	b	Cerne Cabs	capzic.	8	the 19 day, a	29	e
xx	c	Tranſ. Edw.	ſ apzic.	23	quarter after	30	f
xxi	d	walburge	Aquar.	8	one in the af=	1	g
xxii	e	Alban mart.	Aquar.	23	ter noone.	2	a
xxiii	f	Etheld. Faſt	Piſces	8		3	b
xxiiii	g	Iohn Bapt.	piſces	22		4	c
xxv	a	Eligij tranſ.	Aries	6	Laſt quarter	5	d
xxvi	b	Mat. I. dam.	aries	20	the 26 day, a	6	e
xxvii	c	Ereſientis	Taurus	3	quarter after	7	f
xxviii	d	Leonis Faſt	taurus	16	one in the	8	g
xxix	e	Peter apoſt	taurus	29	moꝛne.	9	a
xxx	f	Con. of Paul	gemini	12		10	b

Iuly hath xxxj. daies.

VVhat pleaseth Iune, likes Iuly best,
coole bathes they loue among the rest :
The grasse that growes, to morrow's hay,
and man thats now, assoone is clay.

						Accompt	Beyonde sea.
i	g	Oct. Io. bap.	gemini	24		11	c
ii	a	Visi. of mary	Cancer	6		12	d
iii	b	Trans. Tho,	Cancer	18	● New moon	13	e
iiii	c	Hildrich.	Leo	0	the 3. day 22.	14	f
v	d	Zoe virgine	Leo	12	min : after v.	15	g
vi	e	Oct. petri	Leo	24	in the after=	16	a
vii		Trans Tho.	Virgo	6	noone.	17	
viii	g	Grimbald	Virgo	18		18	c
ix	a	Cyrill bishop	Libra	0		19	d
x	b	7 Breth. mar.	Libra	12	☽ First quar=	20	e
xi	c	trans: Bene	Libra	24	ter the 11 day	21	f
xii	d	Nabor & Fe.	Scorp	6	a little after 9	22	g
xiii	e	Sol in Leo	scorpio	19	at night.	23	a
xiiii		Margaret	Sagita.	3		24	
xv	g	Bona vent.	Sagita.	17		25	c
xvi	a	Swithius da	Capric.			26	d
xvii	b	Trans. Osm.	Capric.	16		27	e
xviii	c	Alexij.	aquarius	1	● Full moon	28	f
xix	d	Dog dai. be	aquarius.	16	the 18 day 40	29	g
xx	e	Marga. virg.	Pisces	2	min: after 6 at	30	a
xxi		Praxide virg.	Pisces	17	night.	31	
xxii	g	Mar. Mag.	aries	1		1	c
xxiii	a	Apeline bish.	aries	16		2	d
xxiiii	b	Christ. Fast	aries	29		3	e
xxv	c	James Apo.	Taurus	13	☽ Last quar=	4	f
xxvi	d	Anna	taurus	26	ter the 25 day	5	g
xxvii	e	vij. Sleepers	Gemini	9	halfe an hour	6	a
xxviii		Sampf. bish.	Gemini	21	after ix in the	7	
xxix	g	Marthe	Cancer	3	morning.	8	c
xxx	a	Abdon & sen	Cancer	15		9	d
xxxi	b	Germane	Cancer	27		10	e

Auguſt hath xxxi. dayes.

Take litle ſleepe and medcine non,
the dog-dayes now are comming on:
Go plucke thy fruite, yet leaue thou ſtore,
for gleaning's due, (God ſayes) to poore.

Accompt

1	f	Lammas day	leo	9		
2	g	Stephen biſh	leo	21	Newe moone	
3	a	Inue. of Ste.	Virgo	3	the 2. day, a li-	
4	b	Juſtin prieſt.	Virgo	15	tle after 10 in	
5	c	Gouries con.	virgo	26	the morning.	
6	d	Sextus	libra	9		
7	e	Donatus	libra	21		
8	f	Cirriaci	Scorpi	3		
9	g	Romaine mar	ſcorpio	15		
10	a	Laurance mar	ſcorp.	28		
11	b	Tiburt mare	ſagitar.	11	Firſt quarter	
12	c	Clare virgin	Sagit.	25	the 10 day, 37	
13	d	Hipollite	Capric.	9	min. after 9.	
14	e		Capric.	24	in the morne	
15	f	aſſump. mary	Aquar.	9		
16	g	Roch. mart.	Aquar.	24		
17	a	Oct. Laura.	piſces	10	Full moon the	
18	b	agapite mart.	piſces	25	17 day, a quer	
19	c	Magnus ma.	aries	10	ter after 2 in	
20	d	Leonard	aries	24	the morning.	
21	e	Barnard con	Tau	8		
22	f	Oct mary	Taur.	22	Laſt quarter	
23	g	Timoth. faſt	Gemini	5	the 23 day,	
24	a		Gemini	17	halfe an hour	
25	b	Ludouicie	Cancer	0	ait. 9 at night.	
26	c	Seuerine	Cancer	12		
27	d	Ruffi. mart.	Cancer	24		
28	e	auguſtine	leo	6	New moone	
29	f		leo	18	the laſt day,	
30	g	felicis	virgo	0	halfe an hour	
31	a	Cuthberge	virgo	12	aft. midnight	

Raw fruits though ripe may ſicknes bring,
vnripe much eaten, a dangerous thing:
If now a ſurfet thou doſt take,
when others ſleepe thou muſt awake.

Accompt beyond ſea.

i		Egidi Abbot	Virgo	24		11		
ii	g	Antho mart.	Libra	6		12	c	
iii	a	Dedin. Greg.	Libra	18		13	d	
iiii	b	Tra of Cuth	Scor.	0		14	e	
v	c	Bertine	Scorp.	13		15	f	
vi	d	Eugenius.	Scorpio	25		16	g	
vii	e	Euncines	Sagit.	8		17	a	
viii		Nat. Mary	Sagit.	22	☽ Firſt quarter the 8. day, 50. min. after 6. at night.	18	b	
ix	g	Gorgonius	Capric.	5		19	c	
x	a	Silvius	Capric.	19		20	d	
xi	b	Mauricius	Aquari.	3		21	e	
xii	c	Maximilian	Aquari.	18		22	f	
xiii	d		Pisces	3		23	g	
xiiii	e	Holy Croſſe	Pisces	18	● full moone the 15. day, a little after 10 in the morne.	24	a	
xv		Oct of Mar.	Aries	3		25	b	
xvi	g	Edith virgine	Aries	18		26	c	
xvii	a	Lambert biſh.	Taurus	2		27	d	
xviii	b		Taurus	16		28	e	
xix	c	Januar. mar.	Gemini	0		29	f	
xx	d	Nat. T. faſt	Gemini	13	☽ Laſt quart. the 22. day, a quarter after 2 in the after noone.	30	g	
xxi	e		Gemini	26		1	a	
xxii		Tecla virgin,	Cancer	8		2	b	
xxiii	g	Indroc. mar.	Cancer	26		3	c	
xxiiii	a	Firmine.	Leo	2		4	d	
xxv	b	Feſt. Judeor.	Leo	14		5	e	
xxvi	c	Ciprian	Leo	26		6	f	
xxvii	d	Coſſme & Da	Virgo	8	● New moon the 30. day, 40. minut aft. 4. at night.	7	g	
xxviii	e	Exuperi. faſt	Virgo	20		8	a	
xxix			Libr.	2		9		
xxx	g	Hierom prieſt	Libr.	15		10	c	

October hath xxxj. dayes.

VVarme cloathes must now prouided be,
also warme meates be good for thee:
Haue good regard thy feet be drye,
thou shalt auoyd much harme thereby.

Accompt Beyonde sea.

i	a	Remigius.	Libra	27		11	d
ii	b	Leode gar.	Scorp.	10		12	e
iii	c	Candide mar	Scorpi.	22		13	f
iiii	d	Francis conf	Sagit.	5		14	g
v	e	Apollinarius	Sagit.	19	First quarter	15	a
vi	f	fidis	Capric.	2	the 8. day,	16	
vii	g	Marci. & mac	Capric.	16	neare 3. in	17	c
viii	a	Pelagius vir	aquarius	0	the morning.	18	d
ix	b	Terme begin	aquar.	14		19	e
x	c	Gereonis	aquariu.	28		20	f
xi	d	Michas, virg.	Pisces	13	Full moone	21	g
xii	e	Wilfrid.	Pisces	27	the 14 day. 23	22	a
xiii	f	Sol in scorpio	Aries	12	minutes after	23	
xiiii	g	Talixij	Aries	26	7 at night.	24	c
xv	a	Ulstan bish.	Tauru	10		25	d
xvi	b	Galli	Taurus	25		26	e
xvii	c	Etheldr. fast	Gemini	8		27	f
xviii	d	[illegible]	Gemini	21		28	g
xix	e	Fridcswide	Cancer	3		29	a
xx	f	Austrebert	Cancer	16	Last quarter	30	
xxi	g	40000 virgin	Cancer	28	the 22 day, 25	31	c
xxii	a	Saue. Mary	Leo	10	minutes after	1	d
xxiii	b	Roman arch.	Leo	22	9 in the mor=	2	e
xxiiii	c	Maglory	Virgo	4	ning.	3	f
xxv	d	Crisp. & Cris.	Virgo	16		4	g
xxvi	e	Euaristy	virgo	28	New moone	5	a
xxvii	f	florence fast	Libra	10	the 30 day, 21	6	
xxviii	g	[illegible]	Libra	23	minutes after	7	c
xxix	a	Narcissus	scorpio	6	8 in the mor=	8	d
xxx	b	German bish	scorpio	19	ning.	9	e
xxxi	c	Quintine	sagit.	2		10	f

November hath xxx. daies.

If Rheumes doe now mole st thy head,
it is not ill to sweate in bed:
Feede on good meate if stomacke serue,
else seeke for that which doth preserue.

						Accompt	Beyonde sea.
i	d	All Saints	Sagit.	15		11	g
ii	e	All-Soules	Sagit.	29		12	a
iii		Wenifred	Capri	13		13	
iiii	g	amantius	Capri	27		14	c
v	a	Bapist cousp	aquari.	11	☽ First quart.	15	d
vi	b	Leonard	Aquari.	25	the vi. day, a	16	e
vii	c	Wilbrood	Pisces	9	quarter after	17	f
viii	d	4. Crowned	Pisces	24	9 in the mor-	18	g
ix	e	Theodore	aries	8	ning.	19	a
x		Martine	aries	22		20	
xi	g	Sol in sagit.	taurus	6		21	c
xii	a	Paterne	Taurus	19	● Full moon	22	d
xiii	b	Brice	gemini	3	the 13 day, 51	24	e
xiiii	c	Erkin. wal.	Gemini	16	minutes after	23	f
xv	d	Gugeni	gemini	29	7 in the mor-	25	g
xvi	e	Edmond dep.	Cancer	11	ning.	26	a
xvii		Hughgones	cancer	24		27	
xviii	g	Octab. mart.	Leo	9		28	c
xix	a	Elizab. mart	Leo	18		29	d
xx	b	Edmund kin.	Leo	29	☽ Last quarter	30	e
xxi	c	pres of mar	Virgo	11	the 21 day,	1	f
xxii	d	Cicely virgin	Virgo	23	halfe an hour	2	g
xxiii	e	Clement bish	Libra	5	after 7 in the	3	a
xxiiii		Grifogonius	Libra	18	morning.	4	
xxv	g	Katherine vir	Scorpi,	0		5	c
xxvi	a	Linus bishop	Scorpi.	13		6	d
xxvii	b	agricola	scorp.	26	● New moon	7	e
xxviii	c	Cerine ends	sagit.	10	the 28 day, 19	8	f
xxix	d	fast	sagit.	24	minu. after 11	9	g
xxx	e	Andrew Apo	Capric	8	in the night.	10	a

Now cold December is come in,
and poore mans backe is cloathed thin:
Feed and cloath him, then as you may
for God threefold will it repay.

i	f	Loy bishop	capric.	23		11	
ii	g	Libian mart	Aquari.	7		12	c
iii	a	Dep of Olm	Aquari.	22		13	d
iiii	b	Barbary vir.	Pisces	6		14	e
v	c	Sabba Abbot	pisces	21		15	f
vi	d	Nicholas	Aries	5	☽ First quarter the 5. day at 5 of the clock at night	16	g
vii	e	Oct of. And.	Aries	19		17	a
viii	f	Con of mary	taurus	2		18	b
ix	g	Cyprian Ab.	taurus	16		19	c
x	a	Eulalia virg.	taurus	29		20	d
xi	b	Damascus	gemini	12		21	e
xii	c		Gemini	25	● Full moone the xii day, 19. minutes after 11. at night.	22	f
xiii	d	Luce virgin	Cancer	8		23	g
xiiii	e	Otholy virg.	Gemini	20		24	a
xv	f	Valeri bishop	Leo	2		25	b
xvi	g	Sapientia	Leo	14		26	c
xvii	a	Lazarus	Leo	26		27	d
xviii	b		virgo	8		28	e
xix	c	Eneti virgin	virgo	20		29	f
xx	d	Julian. fast	Libra	2	☽ Last quarter the 21. day halfe an houre after 5. in the morne.	30	g
xxi	e		Libra	14		31	a
xxii	f	Victories	Libra	26		1	b
xxiii	g	Victor virgin	Scorpio	8		2	c
xxiiii	a	Claudy Fast	scorpio	21		3	d
xxv	b		Sagit.	4		4	e
xxvi	c		Sagit	18	● New moone the 28 day, halfe an houre after high noone.	5	f
xxvii	d		capric.	2		6	g
xxviii	e		Capric	17		7	a
xxix	f	Tho. Becket	Aqua	2		8	b
xxx	g	Jacob transl.	Aqu.	16		9	c
xxxi	a	Silvester bish	pisces	1		10	d

Accompt Beyond sea,

Freind. 1616.

A Prognostication, for this present yeare of our Lord GOD. 1616.

Being Bissextile, or Leape yeare.

Wherein you may behold the estate of the present yeare, the disposition of each Quarter, and the Inclination of the weather for euery Quarter of the Moone throughout the whole yeare.

Also, Husbandly Aduertisements, with conuenient Notes for Bleeding, Bathing, Purging, Sweating; and other matters of good consequence.

By GABRIELL FREIND.

Read, and Iudge.

Imprinted at London for the *Companie of Stationers.*

A Declaration of the Diſpoſition of the foure parts or Quarters of this preſent yeare. 1616.

And firſt, of Winter.

The ☉ Sunne in ♑ Capricorne, ♒ Aquarius, ♓ Piſces.

In ſtead of Flowers and Graſſe ſo greene,
the Earth hath got an other hue:
Froſtes, Snow, and durty Dales are ſeene,
where pleaſant Plants moſt fruitfull grew:
Childhood, cold Rhewme, and Phlegmaticke ſtate,
of Winters nature doth beſt relate.

THis Quarter (according to our Engliſh vſuall accompt) began in the yeare laſt paſt 1615. on the 21. day of December; at which time, the Sunne entred into the firſt ſcruple of the ſigne Capricorne, being in his greateſt diſtance, and fartheſt remooued from our Verticall poynt, making to vs, the ſhorteſt day and longeſt night in the yeare. This Quarter continueth vntill the 21. day of March next enſuing, which is in the yeare of our redemption 1616. then the Winter quarter ſhall ceaſe, and the Spring quarter take place.

The proper qualities of this Quarter (according to natures inclination) is cold and moiſt, cleane oppoſite and contrary to the qualitie of Sommer quarter: for thoſe things which Sommer bringeth forth and nouriſheth, and like the buſie Bee prouideth, Winter with his cold continuance, like the idle Droane, deſtroyeth & deuoureth. Now the Sappe and Iuyce leaueth the branches of Trees and Hearbs, and deſcendeth into the Roote: and naturall heate is now driuen

to the inward parts of mans body; whereupon the Rootes of Plants and Hearbes, are moſt neceſſary in Winter for Phiſicall vſes.

The ordinary Griefes attending vpon this cold Quarter, are ſhortneſſe of Wind, the Colicke, Strangury, Stone, Head-aches, Joynt-aches, Stitches in the ſide, Rhewmes, Coughs, Hoarſneſſe in the throate, & phlegmatike Feuers.

Wherefore for to preuent ſuch griefe,
vſe Meates that's warme and dry:
Both Head and Feete ſee warme thou keepe,
eate well, drinke ſparingly,

Of The ſecond part of the yeare, called, the Spring.

The ☉ Sunne in ♈ Aries, ♉ Taurus, ♊ Gemini.

Moſt welcome is the fruitfull Spring,
to Creatures all that multiplie:
Both Birdes and Beaſtes doe skip and ſing,
in flocking ſort abundantly:
In Sanguine men, and youthfull yeares,
this Seaſons nature beſt appeares.

THE Sunne hauing made his paſſage, and finiſhed his courſe through the three Hiemall or Winter ſignes, at his approach and entrance into the firſt degree of Aries, he bringeth on, and beginneth the Spring quarter: which falleth out this yeare on the 11. day of March, and endeth on the 21. day of June.

The naturall diſpoſition of this Quarter, is hot & moyſt, reſembling the Ayre, and youth of man: Now is the day and night of an equall length; for the Sunne riſeth at vi. a clocke in the morning, and ſetteth at vi in the euening; ſo equalling the Artificiall day.

This

This Quarter is very temperat and hollsome, and therefore Hipocrates, and other learned Phylitions both auncient and moderne, hold it to be the chiefest time in all the yeare, for to take Phisicke, and to giue ease to such as be diseased: and not onely to such that feare diseases to breed in them, but also for such that haue had long lingring Diseases.

The chiefest Maladies incident to this Quarter, are Faintings, Fluxes of Blood, Plurisies, Giddinesse of the head, Kings euill, Swelling in the throate, Phrensies, Melancholie, Leprosie, Head-ach, Scabs, Madnesse, Apostumes, Sore eyes, and such like.

Fresh Humors now abound man in,
to bleed and Purge spare not thy Wealth:
Let Meates be pure, and Meales but thin,
if thou regard thy future health.

The third part of the yeare, called Sommer.

The ☉ Sunne in ♋ Cancer, ♌ Leo, ♍ Virgo.

Bright *SOL* hauing got the higheſt grade,
Lookes downe on Earth with hot aſpect:
Parching the Ground and cornie Blade,
ripening all things with good effect:
Fierce chollericke men and middle age,
Of Sommers nature doe preſage.

SOmmer is well said to be the nourisher both of Man and Beast, and all other Creatures, by prouiding and bringing forth those things which are needfull for them. This Quarter beginneth at the Sunnes entrance into the first scruple of Cancer, which is this yeare on the 1. day of June, making the longest dayes and shortest nights in the yeare: and endeth on the 22. day of September, at the Sunnes entraunce into the first scruple of Libra.

The condition of this Quarter, will not much alter his accustomed naturall disposition: which is, hot and dry, of complexion Cholericke resembling fire: mans Stomacke is now slowest of digestion, because naturall heate leaueth the inward parts, and possesseth the outward: Take heede therefore of eating and drinking immoderatly, least that you surfet.

The ordinarie Maladies of this season, are those; Vomitings, hot burning Agues, but especiall tertian Agues, Fluxes, Iaundies, Ulcerations of the Mouth, Inflamations of the Eyes, Paine in the Eares, Lasks, Unquietnes of Minde, Pushes in the Face: with other strange Diseases proceeding from corrupt inflamed Blood.

Mans Stomacke now more weaker is,
then earst it was before:
Let moystning therefore be thy Meate,
eate lesse, but drinke the more.

Of The Fourth part of the yeare, called, Autumne, Harueſt, or the Fall of the Leafe.

The ☉ Sunne is ♎ Libra, ♏ Scorpio, ♐ Sagittari.

For Good husbands paine, Harueſt yeeldes gaine:
Whatsoeuer now on earth doth grow,
Each Tree, Plant, Shrub, all for mans good,
Shewes them their duetie God vnto:
Crooked old Age, humor Melancholie,
Will *Autumns* nature truly verifie.

AVtumne, or Harueſt, commonly called, the Fall of the Leafe (according to our English vsuall Accompt,) beginneth when the Sunne hauing finished the Sum-

mer

mer quarter, in the last degree of Virgo, and at his first ingression into the first degree of Libra; then making againe the dayes and nights of an equall length vnto all Nations; which is on the xiii. day of September, and lasteth whilst that the Sunne maketh his passage through these Signes Libra, Scorpio, Sagittari: and so finishing the season at the Sunnes entrance into the first scruple of Capricorne, which is on the 1. day of December.

The Condition of this Season (according to naturall Inclination,) is cold and dry, fitly compared to the Earth and Melancholy humour, of the Northerne Region, being the vnholsomnest Quarter in the yeare, and tearmed by Hipocrates, the Mother and Nurse of all deadly Diseases.

Now the face of the Earth loseth her beautie, Plantes and Trees cast their Flowers and Fruites, Beastes betake themselues to their Dennes, and Serpents to their Caues: Flouds are now at the highest, and Springes at the lowest.

The Infirmities incident to this sickly Season, be many and dangerous, as Straugurte, quartaine Agues, Sciatica, Botches, Collicke, Melancholy passions, Lamenesse and Weaknesse of the Limbes, Falling-sicknesse, Shortnesse of Winde, Consumptions, Swellings and Vlcerations in the Throate and Mouth, Pyles, Fistuloas, Timpanies, Swelling and hardnesse of the Splæne, vnaccustomed Feuers, and such like.

Take heed therefore of cold raw Fruites,
whose Iuice corruption breedes:
This Season serueth fit againe,
to Purge, to Bath, to Bleed.

A Prognostication.

A perfect Rule to know the Law-dayes in the Courtes of the Arches, the Audience of *Canterburie*, the Spirituall and Ciuill lawes throughout the yeare.

Michaelmas Tearme.

S. Luke.	All Saints.	S. Andrew.
S. Simon & Jude.	S. Martine.	The Conception
S. Fayth.	Edmond King.	of our Lady.
S. Edward.	S. Katherine.	

You must vnderstande, that the first day ensuing each of the Feastes set downe before euery Tearme, the Court of the Arches is kept in the forenoone at Bow-church; and in the after noone the same first day, is kept in Southwarke the Admirall court for Ciuill cauſes.

The second day after each of these Feastes, the Audience of Court of Canterburie is held in the Consistorie in Pauls in the fore noone: And the Prerogatiue Court of Canterburie is kept in the same place in the after noone the same day.

The third day following any of those Feastes, the Bishoppe of Londons Court of Consistory, is holden in Paules in the forenoone: and in the same place, is the Court of the Kings highnes Commissioners vpon appeales, and the Court of Delegates, holden in the after noone the same third day.

Hillarie Tearme.

S. Hillarie.	S. Scolastice.	S. Chadde.
S. Wolstane.	S. Valentine.	Perpet. & Felix.
Comertion of Paul.	Ashwednesday.	S. Gregory.
S. Blase.	S. Matthias.	Annun. of our Lady.

Note that the foure first Feastes of the Tearme, be neuer changed, but are certaine; the other are sometime kept, and sometime omitted after the course of the yeare altered. And if it so chaunce, that the one of those Feastes be Ashwednesday that are after S. Blases

Blaſes day, ſo that the ſame Law-day after Aſhwedneſday cannot be kept, becauſe the Law-day of the other Feaſt doth light on the ſame day, The ſecond Law-day after Aſhwedneſday ſhall be kept, and the other omitted.

And if the Law-day after Aſhwedneſday be the next day after S. Blaſe, then ſhall all, and euery of thoſe dayes be obſerued in order, as they may be held conueniently.

And further note, that although Aſhwedneſday be the 7. in order, yet it hath no certaine place but is changed as the Feaſt of Eaſter cauſeth it.

Eaſter Tearme.

The rv. day after Eaſter.
Saint Alphage.
Saint Marke Euangeliſt.
Inuention of the Croſſe.
Gordian.
S. Dunſtan.
Aſcenſion day.

In this Tearme, the firſt ſitting is alwayes kept the Monday, being the rv. day after Eaſter; and ſo after the Feaſtes here noted, which ſhall next follow by courſe after Eaſter, and the like ſpace being kept betweene other Feaſtes: the reſt of the Law-dayes are kept the third day after the Aſcenſion, which is the laſt of this Tearme. And if it happen that the Aſcenſion day doe come before any of thoſe Feaſtes afore ſaid, then they are omitted for that yeare. And likewiſe if any of thoſe dayes come before the rv. day after Eaſter, thoſe dayes are alſo omitted.

Trinitie Tearme.

Trinitie Sunday.
Corpus Chriſti.
Boniface Biſhop.
S. Barnabe.
S. Botulph.
S. John.
S. Paul.
Trial. S. Toma.
S. Swithin.
S. Margaret.
S. Anne.

Remember that the Law-dayes of this Tearme are changed by the meanes of Pentecoſt; and the firſt ſitting is holden alwayes the firſt day after Trinitie Sunday: and the ſecond Law-day is holden the firſt day after Corpus Chriſti day, except it fall on ſome day aboue named, which chaunceth ſome time, and then the

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fitter day is kept. And after the second Session, account foure dayes, or thereabout, and then looke which is the next Feast, and the first Law-day after the said Feast, shall be the third Session: The other Law-dayes follow in order; but so many of them are kept, as for the time of the yeare is thought meete.

Note generally, that every day is called a Law-day that is not Sunday or Holyday, and that if the Feast day being knowne of any Court day in any Tearme, and the first or second day following be Sunday, then the Court day is kept after the said Holiday or Feast day.

First, of all these dayes are not altered, except they light on Sunday, or some Holyday: and every day is called a Law-day, vnlesse it be Sunday or Holyday.

The rising and setting of the Sunne, with the disposition of the Weather for the Quarters of the Moone, in euery Month of this present yeare, 1616.

Of Ianuarie.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	52. minuts before 9.	i.	52. min. after 3.
xi.	4. min. before 8.	xi.	4. min. after 4.
xxi.	20. min. before 8.	xxi.	20. min. after 4.

LAst Quarter on Tewesday the ii. day, at one of the clocke in the morning, moyst weather.

New Moone on Monday the viii. day, at ix. of the clocke at night, cold rainy weather threatned.

First Quarter on Monday the xv. day, at almost three of the clocke in the after noone, Winterlike weather.

Full

Full Moone on Tewesday the xviii. day, at v. of the clocke at night, much moysture threatned.

Last Quarter on Wednesday the last day, at almost iii. of the clocke in the after noone, windy for the most part.

Of Februarie.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	40. min. before 8.	i.	40. min. after 5.
xi.	at 8.	xi.	at 5.
xxi.	23. min. before 7.	xxi.	23. min. after 5.

New Moone on Wednesday the vii. day, at vii. of the clocke in the morning, cold most winterlike weather.

First Quarter on Wednesday the xiiii. day, three quarter after viii. of the clocke in the morning, great store of raine threatned.

Full Moone on Thursday the xvii. day, at almost xii. of the clocke at noone, more moysture and tempestuous weather threatned.

Of March.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	42. min. before 7.	i.	42. min. before 6.
xi.	at 7.	xi.	at 6.
xxi	20. min. after 6.	xxi.	20. min. after 6.

Last Quarter on Friday the first day, three quarters past one of the clocke in the morning, windy and wet.

New Moone on Thursday the vii. day, halfe an howre after vi. of the clocke at night, windy for the most part.

First Quarter on Friday the xv. day, a quarter after three of the clocke in the after noone, variable, with some fall of drops.

Full Moone on Saterday the xxii. day, at almost iii. of the clocke in the morning, cold mixing and variable weather.

Last Quarter on Saterday the xxx. day, at viii. of the clocke in the morning, windy and wette.

Of Aprill.

Dayes.	Sunne riſeth.		Dayes.	Sunne ſetteth.	
i.	46. min. before	6.	i.	46. min. after	6.
xi.	at	5.	xi.	at	7.
xxi	19. min. before	5.	xxi.	19. min. after	7.

NEw Moone the vi. day, three quarters paſt three of the clocke in the morning, windy and wette.

Firſt Quarter the xiii. day, halfe an howre after ix. of the clocke at night, like weather as before.

Full Moone the xxi. day, three quarters of an howre after iiii. of the clocke in the euening. weather fitting the ſeaſon.

Laſt Quarter the xxviii. day, at one of the clocke in the after noone, temperate weather, with ſome ſweete ſhowers.

Of May.

Dayes.	Sunne riſeth.		Dayes.	Sunne ſetteth.	
i.	37. min. before	5.	i.	37. min. after	7.
xi.	51. min. before	5.	xi.	55. min. after	7.
xxi.	4. min before	4.	xxi.	4. min. after	8.

New Moone the v. day, at iii. of the clocke in the after noone, windie and wauering.

Firſt Quarter the xiii. day, 12. min. after iii. of the clocke in the after noone, ſome fall of ſhowers.

Full Moone the xxi. day, neere iii. of the clocke in the morning, tempeſtuous weather.

Laſt Quarter the xxvii. day, a quarter after vi. of the clocke at night, ſeaſonable for the time.

Of Iune.

Dayes.	Sunne ryseth.	Dayes.	Sunne setteth.
i.	10. min. before 4.	i.	10. min. after 8.
xi.	15. min. before 4.	xi.	15. min. after 8.
xxi.	11. min. before 4.	xxi.	11. min. after 8.

New Moone the iiii. day, halfe an hower after iii. of the clocke in the morning, cloudy tempestuous weather.

First Quarter the xii. day, neere vi. of the clocke in the morning, coole and comfortable.

Full Moone the xix. day, a quarter after one of the clocke in the after noone, variably inclined.

Last Quarter the xxvi. day, a quarter after one of the clocke in the morning, some showers.

Of Iuly.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	5. min. before 4.	i.	5. min. after 8.
xi.	54. min. before 5.	xi.	54. min. after 7.
xxi.	8. min. before 5.	xxi.	38. min after 7.

New Moone the iii. day, 22 minutes after v. of the clocke in the after noone, lofty windy weather.

First Quarter the xi. day, a litle after ix. of the clocke at night, coole and comfortable.

Full Moone the xviii. day, 40. minutes after vi. of the clocke at night, seasonable for the time.

Last Quarter the xxv. day, halfe an hower after ix. of the clocke in the morning, darke skye, and troubled ayre.

Of

Of Auguſt.

Dayes.	Sunne riſeth.	Dayes.	Sunne ſetteth.
i.	21. min. before 5.	i.	21. min. after 7.
xi.	at 5.	xi.	at 7.
xxi.	46. min. before 6.	xxi.	46. min. after 6.

New Moone the ii. day, a litle after x. of the clocke in the morning, variably inclined.

Firſt Quarter the x. day, 37. minutes after ix. of the clocke in the morning, fayre Sunne ſhyning.

Full Moone the xvii. day, a quarter after two of the clocke in the morning, windy and wauering.

Laſt Quarter the xxiii. day, halfe an hower after ix. of the clocke at night, troubled ayre.

New Moone the laſt day, halfe an hower after midnight, temperat coole weather.

Of September.

Dayes.	Sunne riſeth.	Dayes.	Sunne ſetteth.
i.	24. min. before 6	i.	24. min. after. 6.
xi.	2. min. before 6.	xi.	2. min. after 6.
xxi	44. min. before 7.	xxi.	44. min. after 5.

Firſt Quarter the viii. day, 50. minutes after vi. of the clocke at night, variable weather.

Full Moone the xv. day, a litle after x. of the clocke in the morning, windy, with ſome droppes.

Laſt Quarter the xxii. day, a quarter after two in the after noone, weather fitting the ſeaſon.

New Moone the xxx. day, 40. min. after iiii of the clocke at night, tempeſtuous wrather.

Of

Of October.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	24. min. before 7.	i.	24. min. after 5.
xi.	at 7.	xi.	at 5.
xxi.	45. min. before 8.	xxi.	45. min. after. 4.

First Quarter the viii. day, neere iii. of the clocke in the morning, windy and wauering.

Full Moone the xiiii. day, 23. min. after vii. of the clocke at night, coole and comfortable.

Last Quarter the xxii. day, 25. minuts after ix. of the clocke in the morning, variably inclined.

New Moone the xxv. day, 21. min. after viii. of the clocke in the morning, seasonable for the time.

Of November.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	26. min. before 8.	i.	26. min. after 4.
xi.	10. min. before 8.	xi.	10. min. after 4.
xxi.	59 min. before 9.	xxi.	59. min. after 3.

First Quarter the vi. day, at a quarter after ix. of the clocke in the morning, weather agreeable to the season.

Full Moone the viii. day, 51. minuts after vii. of the clocke in the morning, variable winterlike weather.

Last Quarter the xxi. day, halfe an hower after vi. of the clocke in the morning, cloudy weather.

New Moone the xxviii. day, 19. min. after xi. of the clocke in the night, cloudy weather.

Of

Of December.

Dayes.	Sunne riſeth.	Dayes.	Sunne ſetteth.
i.	50. min. before 9.	i.	50. min. after 3.
xi.	47. min. before 9.	xi.	47. min. after 3.
xxi.	49. min. before 9.	xxi.	49. min. after 3.

First Quarter the v. day, at v. of the clocke at night, fayre weather.
Full Moone the xii. day, 49. minuts after xi. of the clocke at night, snow or sleete.
Last Quarter the xxi. day, halfe an hower after v. of the clocke in the morning, cold winterlike weather.
New Moone the xxviii. day, halfe an hower after high noone, weather agreeable to the season.

Short Rules neceſſarie to be conſidered in letting of Blood, Purging, Bathing, and Sweating.

IN letting of Blood, obſerue this: Bleed not at all, except vrgent cauſe compell thee; which is to be knowne by the counſell of the learned Phiſition. The age of the Patient ought alſo to be regarded: for from very young, or old perſons, Blood ought not in any caſe to be taken.

The time of the yeare fitteſt for this purpoſe, is from the middeſt of the Spring, to the beginning of Sommer: Haruest is alſo indifferent, the ſeason being temperat.

For Complexion, let Blood the Chollericke, when the Moone is in Cancer, Scorpio, or Pisces, in any place except in the Breast, Members, or Feete.

For

For the Phlegmaticke, the Moone in Aries or Sagittarius, in any place except the Head and Thighes.

For the Melancholy, the Moone in Libra or Aquarius, in any place, the Buttocks and Legges excepted.

And for the Sanguine complextion, let blood in any of the former Signes; so that it be done with consideration and aduice of the skilfull.

Take heed further, that ye let not Blood in the extreame heate of Sommer, or cold of Winter, vnlesse the Patient be taken with the Pluriſie, Pestilence, Frensie, Squinancie, or Apoplexie, or the like extreame Diseases: for then you may not stay for a chosen day, least in the meane time the party diseased, be past helpe.

After Blood-letting, abstaine from sleepe and food, for the space of sixe howers: also from all exercise that shall too much straine the body, for foure dayes after, vsing meates of a light digestion.

Of Purging.

IT is very good to Purge when the Moone is in Cancer, Scorpio, or Pisces; and indifferent vpon extremitie, in Gemini, Libra, or Aquarius.

Purge not when the Moone is in any of these Signes, Aries, Taurus, or Capricorne.

Of Bathing.

THe fittest time in the yeare to enter Bathes, is from the beginning of May, vnto the end of September, when the Moone is in any of these Signes, Aries, Leo, or Sagittarius, two or three dayes after the change of the Moone, or at the full.

Let the Sunne be of a good height when you enter into the Bath, for then the Misty and other corrupt Infections, are drawne from the earth.

If you will Bath for cleanlinesse, let the Moone haue her course in Libra, or Pisces.

Bath not when the Moone is in these cold Signes, Taurus, Virgo, and Capricorne.

Of Sweating.

FOr Sweating, let the Moone be in these Signes, Aries, Leo, Sagittarius, Cancer, Scorpio, Pisces. Note further, that it is better to Sweats in the Euening, then in the Morning.

Some Notes to iudge of Diseases to come by the constitution of the Ayre, and the *nature of the Windes and Weather*, in euery of the foure principall Seasons of the yeare.

IF the Winter be dry, and full of North winds, the Spring rainy and full of South winds: in the Sommer season there shall happen sharpe Feuers, and Opthalmies, with disenterie Fluxes, especially vnto Women, and vnto those Men which haue by nature moyst bodyes.

But contrariwise, if in the Winter South winds be most rife, and that season be rayate and warme; and the Spring time which succeedeth, be dry and full of North windes: then Women which are Child-bearing, shall by euery light occasion, be in danger of vntimely deliuerance: or if they goe out their due time, yet their Children will be so weake and sickly, that either they die quickly, or else liue a weake and feeble life. And vnto olde folkes will happen Rhewmes, Cathars, and other Fluxes, which will annoy and grieue them very much.

If the Sommer be dry, and the North winds be most rife; and the Autumne which succeedeth it be raynie, and the South windes be common in it, then may we looke for grieuous paines in the Head toward Winter, with Coughs, Rhewmes, and Hoarsenesse, and in some, Consumptions.

When the Haruest season is dry, and full of North wind, then shall men and women which be of moyst complexions, be in best estate:

eſtate: But men of other nature and complexion, ſhall be vexed with diuers day Diſeaſes, and with Feuers ſharpe and long, and other Melancholy griefes.

Moreouer, Hipocrates noteth, that among the diuers temperatures of the Ayre, Droughts be alwayes more healthfull then continuall Showers, and few die through them.

Through the continuance or multitude of Showers, are cauſed theſe Diſeaſes following; long laſting Feuers, Laſkes, Putrification of humors, Epilepſies, Apopleries, and Squinancies, or ſuch like.

Through much Drought, and want of ſweete and neceſſarie Showers, there happeneth vnto many, pining and conſumptiue Maladies, with Aches of the Ioynts, paines in the Bowels, and hardneſſe of making Water.

Daily, or often Windes blowing from the North, maketh mens bodyes hard and ſtrong, alſo liuely and quicke, well coloured, and cauſeth thee Heare eaſely, but they dry the Belly: And if the Breaſt be often griued before thoſe Windes, they make the paine the greater. Contrariwiſe, the Tempeſtes and Winds which come from the South, doe relaxe and moyſten mens bodyes, they dull the Hearing, diſpoſe the Head to be heauie, makes the Eyes to dazell, and the whole Body to be ſlow and vnluſty: they ouer-moyſten many bodyes, and are the cauſe of Laſkes & Fluxes, Crampes, Fallingſickneſſe, the Peſtilence, and cruell Feuers.

The Weſt wind breedeth alſo in moyſt Bodies, Fleagme, corrupt Feuers, Anginæ, &c. Moreouer, it maketh dull, procureth ſleepe, and alſo feareth Humors: and it is good for all growing things, as Corne, Graſſe, Hearbes, and ſuch like.

Husbandly Aduertiſements, needfull *to be marked.*

When you would Plant or Graffe, conſider where the Wind ſtandeth: If it be in the South, it is very good for that purpoſe: but if it be in the North, or in the Eaſt, it is not good.

It is good to Plant or Graffe generally, the Moone increaſing

in these Signes, Taurus, or Aquarius, in the beginning of the Spring, or latter end of Harvest.

Plant Trees for continuance, when the Moone is in Taurus, Leo, or Aquarius.

Cut Timber to have it sound, in December or Januarie, in the wane of the Moone in Aquarius, or Pisces,

Prune Trees, and pull off the Mosse, in the month of Januarie.

Plash Hedges, and loppe Trees for Fewell that the Stumpe may the sooner grow againe, when the Moone is in Aries, or Libra, and in her increase.

Set young Quicksets from September to March.

Remoone young Trees in the last Quarter of the Moone, when she is in Aries, Libra, Scorpio, and in these monethes, September, November, Februarie.

Set Vines in Februarie, March, or September, specially when the Moone is in Aries, Libra, Scorpio, in her increase.

Set Rose trees in the middest of Februarie, when the Moone increaseth.

Cut or prune Trees in March or Aprill, the Moone in Taurus, Virgo, or Capricorne.

Gather Fruite, as Apples, Peares, and the like, at the full of the Moone, in the after noone, the weather being faire and dry, else they will rotte.

Sow all kind of Corne and Graine, the Moone increasing, in Cancer, Libra, or Aquarius.

Reape Corne for the long continuance of it and the straw dry, in the wane of the Moone, and in a dry season.

Reape Wheate in August.

Sow Flaxe and Hempe in Februarie.

Pole Hoppes in Februarie.

Cut downe Hay presently after the full of the Moone.

Downg Ground to prevent the growing of Weedes, the Moone decreasing.

Sow Carret seedes about the end of Februarie, or beginning of March, the Moone increasing.

Sow Cabages about the last of August, three or foure dayes after a full Moone: or in Februarie, or March is good also.

Sow

Sow Cowcumbers, Pumpions, and Gourdes, in March, Februarie, or June, in a faire and cleare dry day.

Sow Colworts in the beginning of September.

Sow Parseneps in Februarie, or Aprill, the weather being temperate.

Sow Lettuce seed in the beginning of September, Februarie, or March.

Sow Onions, in the beginning of March the weeke before or after full Moone.

Sow Radish seed from ỹ end of March, to the beginning of July.

Sow Leekes to serue Sommer, in Aprill, May, or June: And to serue Winter, in September, or October.

Sow Spinage, Fennell, Parseley, Annis seeds, and Dilcye, in Februarie, or March, at the full of the Moone.

Sow Beets in February or March, when the Moone is at ỹ full.

Sow Time, Rosemary, Lauender, Violets, and Burrage, in Februarie, or March, the Moone increasing.

Sow Strawberries in September.

Sow all manner of sweete Hearbes, and for the Potte to haue them in Winter, in August or September: And in Aprill to serue for Sommer, the Moone increasing.

Pole Hoppes in Februarie, and gather them in September, the weather being dry.

Set Leekes and Garlicke in Januarie.

Set Artichokes in Februarie, March, or Aprill.

Sow Barlie in Februarie.

Set Rosemary in June.

Set Filbeardes in October.

Gather Hearbes for continuance, in June; but let them be well dryed in the shade first.

Make Malt in the month of November.

Set Beanes in Januarie, or Februarie in some shady place, as vnder Trees, or the like, the ground being prepared & made cleane.

Geld or cut Cattle, the Moone decreasing, in these signes Sagittarius, Capricornus, and Pisces, and in the moneth of June.

Sheare Sheepe that the Woll may growe the longer: And cut Haire that it may doe the like, when the Moone is in these signes,

Taurus, Libra, or Virgo.

Cutting or Shaving, in the age of the Moone, doth cause baldnesse: what then is cut or shaued, groweth slowly.

Kill fat Swine for Bacon, the better to continue his fatte in boyling, when the Moone is at the full, but not long after. Yet,

Neque is qui plantat, neque is qui rigat;
Sed Deus qui dat Incrementum.

A necessarie Table for expenses.

	by the day, is	Weeke.	Month.	Yeare.
A Farthing		i.d. ob. q.	vii.d.	v.s.viii d.
A halfepeny		iii.d.q.	xiiii. d.	xv.s.ii.d.ob.
A Penny		vii d.	ii.s. iiii.d.	xxx.s. v.d.
ii Pence		xiiii.d.	iiii.s.viii.d.	iii.li. x.d.
iii. Pence		xxi.d.	vii.s.	iiii li.xi.s.iii.d
iiii. Pence		ii.s.iiii.d.	ix.s.iiii.d.	vi.li. ii.s. vi.
v. Pence		ii.s.xi.d.	xi.s.viii.d.	viii.li.xii.s.i.d.
vi. Pence		iii.s. vi.d.	xiiii.s.	ix.li ii.s.vi.d.
xii. Pence		vii.s.	xxviii.s.	xviii.li .v.s.

A Prognostication of expenses.

WHo gets a Groat a day,
and in a day it spendeth;
May long time liue, though little haue,
what euer hee intendeth:
Who in a day doth get a Groat,
and of his Groat doth two Pence spend,
May quickly thriue, and somewhat get,
to giue vnto his Friend:
But hee that spends a Groat a day,
and earneth but two Pence,
Will prooue a Begger I doe feare,
what e're was his pretence.

Certaine

Certaine Notes to be remembred at the first *falling ſicke of any perſon, gathered out* of that famous Phiſitian in his time, *Hipocrates*.

WHoſo falleth ſicke (ſaith hee) on the Sunday, and no amendment by the fifth day after, is in great danger of death at the tenth day following: but if he begin to amende the viii. or ix. day, then he is like to recouer perfect health about the xv. day following.

Whoſo falleth ſicke on the Monday, there may be hope he may recouer health by the ix. day following: but if that Sickneſſe continue vntill the xii. day, the party ſhall be in very great danger to die on the viiii. day after.

Who ſhall fall ſicke on the Tewesday, hope of amendement the third day after: and if the Sickneſſe longer continue, expect death the vi. or viii. day following.

Who euer doth fall ſicke on Wednesday, and at the vii day taketh reſt and ſleepe, amendement followeth: but if the Sickneſſe continueth vnto the xii. day, and increaſeth vi. or vii. dayes after, death to the ſicke is to be looked for.

They that fall ſicke on the Thurſday, is like to amende at the ix. day following: and if the Sickneſſe longer continue, yet great hope of amendment to health the xv. day after.

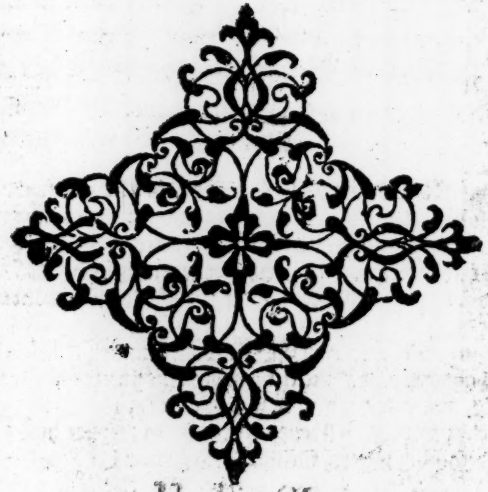
Whoſo falleth ſicke on the Friday, there may be hope of amendment the vii. or viii. day after: but if the Sickneſſe endureth longer, great danger to the partie the xv. day following.

When any falleth ſicke on the Saterday, and that ſickneſſe continue without any amendment vi. dayes, the partie is in great danger the viii. day following: but if that amendment come on the vii. day, and the party fall to ſleepe, he is like to recouer health by the viiii day following: Yet, Omnia ſunt in manu Dei.

Let

A Prognoſtication.

LEt Vertue ſpring, and Vice decay,
and God will turne his wrath away:
Repent thy Sinne, and doe no more,
Then Corne and Cattle thou ſhalt haue ſtore.
Lay Pride aſide, and Belly cheare,
and God will ſend a happy yeare.

Soli Sapienti Deo, ſola gloria.

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